

**TIME**

**WORKOUT**

**INSTRUCTOR**

**LOCATION**

06.15 - 07.00  
09.30 - 10.30  
12.00 - 13.00  
16.15 - 17.15  
17.30 - 18.30  
17.45 - 18.45  
18.45 - 19.45

ASSAULT-FIT  
EVO-HIIT  
ASSAULT-FIT  
PUMP-FIT  
EVO-HIIT  
CBC SPIN  
ASSAULT-FIT

EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
CLEO  
EVOFIT TEAM

STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
SPIN AREA  
STUDIO

**MONDAY**

06.15 - 07.00  
09.30 - 10.15  
10.15 - 11.00  
12.00 - 13.00  
17.30 - 18.30  
18.45 - 19.45  
19.00 - 20.00

CBC SPIN  
BOX-HIIT  
AWESOME ABS  
PUMP-FIT  
THERMOBURN  
YOGA-FIT  
FTP SPIN INTRO

EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
BECKY  
EVOFIT TEAM

SPIN AREA  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
SPIN AREA

**TUESDAY**

06.15 - 07.00  
09.30 - 10.30  
10.30 - 11.00  
12.00 - 13.00  
16.15 - 17.15  
17.30 - 18.30  
17.45 - 18.45  
18.45 - 19.45

EVO-HIIT  
PUMP-FIT  
MOB-FIT  
EVO-HIIT  
ASSAULT-FIT  
EVO-HIIT  
CBC SPIN  
PUMP-FIT

EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
FFLUR  
EVOFIT TEAM

STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
SPIN AREA  
STUDIO

**WEDNESDAY**

06.15 - 07.00  
09.30 - 10.15  
10.15 - 11.00  
12.00 - 13.00  
17.30 - 18.30  
18.45 - 19.45

CBC SPIN  
BOX-HIIT  
AWESOME ABS  
PUMP-FIT  
THERMOBURN  
EVO-HIIT

EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM

SPIN AREA  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO

**THURSDAY**

06.15 - 07.00  
09.30 - 10.30  
10.45 - 11.45  
12.00 - 13.00  
16.15 - 17.15  
17.30 - 18.30  
18.45 - 19.45

ASSAULT FIT  
ASSAULT-FIT  
YOGA-FIT  
EVO-HITT  
EVO-HITT  
PUMP-FIT  
ASSAULT-FIT

EVOFIT TEAM  
EVO-FIT TEAM  
BECKY  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM

STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO  
STUDIO

**FRIDAY**

09.00 - 10.00  
09.30 - 10.15  
10.15 - 11.15

MISS-FIT  
CBC SPIN  
YOGA-FIT

BECKY  
DION/FFLUR  
BECKY

STUDIO  
SPIN AREA  
STUDIO

**SATURDAY**

08.15 - 09.00  
09.15 - 10.00  
10.15 - 11.00

BOX-HIIT  
PUMP-FIT  
ASSAULT-FIT

EVOFIT TEAM  
EVOFIT TEAM  
EVOFIT TEAM

STUDIO  
SPIN AREA  
STUDIO

**SUNDAY**